

The ADS “HomeStretch” Program

Seattle-King County Aging and Disability Services (ADS) is about to kick off another round of “HomeStretch,” a physical therapy and exercise program available to REACH clients enrolled in the ADS case management program. Since 2001, 46 ADS clients have participated in HomeStretch, a project developed in partnership with the University of Washington Department of Rehabilitation Medicine and originally funded with start-up funds from the Comprehensive Health Education Foundation (CHEF).

HomeStretch uses an intergenerational model in which teams of physical therapy doctoral students work with the homebound elderly to enhance self-management of diabetes and other chronic conditions by improving strength, flexibility, posture, balance, and cardiovascular endurance.

Last July, ADS was pleased to receive an Aging Innovations and Achievement Award for HomeStretch. For more information, please contact Rosemary Cunningham at 206-684-0655.

Upcoming Events and Announcements

2/27/06

Disparities Town Hall, 9:30-Noon
First AME Church, 1522 14th Ave, Seattle

3/9/06

Operations Meeting, 2-3:30 pm
Sustainability Meeting, 3:30-5 pm

3/14/05

Washington State Diabetes Network Annual Meeting in Tukwila

3/22/06

Case Coordinator Community Liaison, 3-5 pm

3/23/06

Coalition Meeting, 3-5 pm

FOR NEWSLETTER HARDCOPY, PLEASE CONTACT:

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www.metrokc.gov/health/REACH

If you have suggestions or want to submit articles for the newsletter, please contact Javier Amaya at javier.amaya@metrokc.gov or (206) 205-3921 by the 10th of April, June, August, October and December.

REACH for Health

Attn: Lois Watkins
Public Health –Seattle & King County
999 Third Avenue, Suite 500
Seattle, WA 98104

The mission of the REACH Coalition is to reduce diabetes health disparities experienced by communities of color. Through strong partnerships, REACH will support the empowerment of individuals, families, and communities, and create sustainable long-term approaches to prevention and control of diabetes utilizing all appropriate community resources in King County.

REACH FOR HEALTH

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Inside this issue:

<i>Cheza’s Chat Corner</i>	2
<i>Rox’s Review: Evaluation Update</i>	2
<i>“Taking Control”</i>	2
<i>Resources & News</i>	3
<i>Diabetes Resources</i>	3
<i>Diabetes Network Annual Meeting</i>	3
<i>Upcoming Events</i>	4
<i>“HomeStretch” Program</i>	4
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The REACH Alliance

a needed step to keep fighting diabetes among communities of color

When REACH 2010, a research demonstration program funded by the Centers for Disease Control and Prevention (CDC), terminates its funding in September 2007, a continuation and expansion will be required in order to keep effectively fighting the burden of diabetes among communities of color in the Puget Sound area.

Roxana Chen, co-chair of the REACH sustainability committee, explains that last year, several members of the coalition started discussing how to continue and expand the work of REACH beyond the termination of the present grant cycle.

In the initial discussions, the sustainability committee concluded that the burden of diabetes continues to disproportionately affect communities of color and that REACH’s work is crucial to addressing these disparities. More children of color are developing diabetes than ever before. From these discussions,

the concept of the REACH Alliance was born.

The main goal of the REACH Alliance is to keep providing and enhancing diabetes services for people of color, and to create a central resource for the community and for service providers. For providers, the Alliance will reduce duplication of services, minimize competition and better utilize limited resources.

The potential Alliance participants include community based organizations and health services, public health agencies, hospitals and health care providers, research institutions, health policy experts, religious communities, schools and business groups, health insurers, policy makers, and public and private funders among others.

The proposed Alliance seeks to introduce systems changes to reinforce diabetes prevention and care, focusing on peer education, community-based services, ongoing patient and family support and case coordination, while being relevant

(Continued on page 3)

Cheza’s Chat Corner

Welcome to the first issue of our REACH FOR HEALTH newsletter, a tool to communicate with members and friends of the Seattle-King County REACH 2010 Coalition. The main goal is to inform and update you about REACH issues and activities every other month, between our regular bi-monthly coalition meetings.

This year, REACH continues its mission and activities focusing on reducing the impact of diabetes in communities of color in King County and working to sustain our efforts. A sustainability highlight was our recent visit to Olympia with the ADA, where we had the opportunity to talk about REACH to three state legislators and leave press kits for five others. The legislators were very receptive and we promised to maintain contact and come back in the near future.

I hope this newsletter interests you and that you pass it on to your co-workers and others.

Rox’s Review: Evaluation Update

Since this is my first newsletter update, I’ll kick off with an overview on what we’re evaluating and what we’re finding. At REACH, we’re evaluating three things—capacity building of the Coalition and its members; education and self-management classes and support groups; and community and systems changes which includes our case coordination component.

We have collected 737 matched pre/posttest surveys from REACH participants, and results show significant improvements in nutrition, physical activity and self-efficacy. We recently completed Coalition member interviews and plan to have a summary report next month. Last year we initiated more intentional dialogue about systems changes to help us better conceptualize and evaluate these changes. We will soon begin interviewing key people at REACH contracting agencies to document how REACH has influenced changes in management of care for people of color with diabetes. Stay tuned for more updates in future newsletters and Coalition meetings.

“Taking Control”
the Latino experience


For Fernando León, REACH Peer Educator at Sea Mar for over year, “taking control” is a crucial step for newly diagnosed clients in the activities he facilitates. Originally from Mexico and a worker with Sea Mar for five years, León facilitates several REACH activities through educational classes for the Latino community and the Support Groups.

At present, he is conducting well attended classes in Spanish with parishioners at St. Louise in Bellevue and St. Mary in Seattle. In the next cycle, León will offer similar classes at Christ the King and Holy Spirit churches.

In these classes, Fernando addresses topics like the diabetes definition, the importance of exercise and diet, nutrition tips, healthy Mexican recipes, diabetes and medications and the value of routine monitoring sugar levels in blood and other symptoms.

The Latino Support Group is another key activity for Fernando, where he notices how participants learn new skills and a better understanding of diabetes. *“When they first come to the group, they are very frustrated and pessimistic”, says León, “but as they learn of the many practical things they can do, they completely change their attitudes to life and to the condition. They develop a sense of control”.*

“When I see the process of personal transformation and this positive change is when I see the value of my job with REACH, and how it can help people’s lives”, adds León.



CMCH Diabetes Self Management Class

Resources & News

Diabetes Resources Available from the WA State Department of Health

Did you know that the Washington State Department of Health (DOH) has materials available that you can use to help prevent and control diabetes? Here's what is currently available:

- 1. **“The Debilitator,”** an independently produced film, and an accompanying discussion guide from the National Diabetes Education Program. This film comes highly recommended by REACH staff and is available for free to groups in Washington that serve African American audiences.
- 2. An **English and Spanish Recipe Book** with many diabetes friendly and healthy recipes.
- 3. **Diabetes Health Records** in English and Spanish that can track several years of



information, available to clinics and sites that have participated in the Washington State Collaborative.

- 4. **“Your Game Plan”**, a booklet that helps people at risk of developing diabetes, or those with prediabetes, make changes to reduce their risk of developing diabetes.

Other materials in multiple languages are available from the DOH warehouse, or free from the National Diabetes Education Program (<http://www.ndep.nih.gov>). If you know which audience you want to reach, our staff can suggest appropriate materials.

People working to prevent and/or control diabetes in Washington can contact Sara Eve Sarliker anytime for assistance in ordering materials. Sara Eve can be reached at (360) 236-3963, or

REACH Alliance (Continued from page 1)

to cultural and linguistic needs.

In organizational terms, various structures are being explored by the sustainability committee including becoming a private, non-profit entity. The Alliance will focus on diabetes as a continuation of the experience and expertise gained by the REACH program as a CDC research demonstration project.

However, the Alliance can potentially extend its work to other chronic disease groups hoping to effect systems change to reduce incidence of disease and working for healthier communities.

For more information on the REACH sustainability committee you may contact Roxana Chen at (206) 205-4162, roxana.chen@metrokc.gov and Rich Murphy at (206) 568-1484, murphy@pnri.org.

Drumming to the Same Beat: WA State Diabetes Network Annual Meeting

On March 14, 2006, members of the Washington State Diabetes Network – that is, everyone in the state working to reduce the burden of diabetes – will come together for information sharing, dynamic activities and networking. This is the second annual meeting of the network, and an opportunity to report on three of the goals in the State Plan, which was launched last year.

REACH will be providing moderators and facilitators for the day’s discussions and work sessions, reminding everyone that addressing health disparities is essential to the work of preventing and controlling diabetes. Registration is free, but space is limited. To receive an registration form, please email or call Sara Eve Sarliker, sara.sarliker@doh.wa.gov or (360) 236-3963.